



LINDENWOOD AREA SENIOR NEWS

Volume 9,
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November, 2015

Our Mission: *Lindenwood Area Senior Ministry in keeping with the ministry of Christ seeks to enhance the quality of life of senior adults by providing meaningful volunteer experiences, services and programs that promote physical, mental, emotional, and spiritual health and safety.*

NEWSLETTER APPEAL

Dear Newsletter Reader,

Each Fall before the hustle and bustle of the holidays are upon us, I sit down to write our ministry's "Annual Autumn Appeal" letter. This year as I reflect on the work of our ministry and what the year ahead will hold, I am particularly excited about a special milestone 2016

will bring – Lindenwood Area Senior Ministry's 10th Anniversary! That's right, we have been providing home and community-based services to older adult members of our partner churches and seniors living in the Lindenwood Park

Neighborhood for a decade! I did some digging in our archives and would like to share with you some of the highlights from our first decade of ministry:

- 2006: Pastors and key leaders from LASM's partner churches meet to discern needs of seniors in the community and develop a plan of action – LASM is born!
- 2007: Lindenwood Area Senior News begins publication. Initial volunteers are recruited and Lindenwood Area Senior Transportation program hits the road. 1st Spring Fling.

We are so grateful for those that have welcomed us into their lives and those that assist us in ministering to the needs present in our community.

- 2008: Saturday Servant program is launched out of existing home repair program at Union United Methodist Church.
- 2009: LASM achieves its 501c3 status and becomes a non-profit organization.
- 2010: LASM receives grant funding to expand educational programs and case management services.
- 2011: A year of great day trips...eagle watching, Carondelet neighborhood tour, The Butterfly House, Fulton & Jefferson City, Meramec Caverns & the Shaw Nature Reserve.
- 2012: LASM becomes a Stephen Ministry Organization and recruits first class of Stephen Ministers to provide Christian caring visits. Inaugural Trivia Night is held.
- 2013: LASM hosts first Volunteer Summit to celebrate our volunteers and provide opportunities for reflection and fellowship.
- 2014: LASM launches Facebook page: facebook.com/LASM.STL
- 2015: LASM's Board of Directors makes plans for a Legacy Fund to sustain the ministry of LASM for future
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CHRISTMAS IN HERMANN

Let's celebrate the Christmas season with a holiday-themed trip to Hermann, Missouri on **Thursday, December 10th**. We'll begin the day with a tour of the White House Hotel, built in 1868, it is one of the last remaining Post-Civil War Hotels in the United States. The hotel will highlight the Victorian Christmas with buildings and grounds decorated as they were in days gone by.

Then we'll visit Hermann's Historic Rotunda in the City Park for Christmas Tablescapes. Numerous tables will be elaborately set and decorated to illustrate a unique Christmas theme and we'll enjoy warm cider, soft carols and sparkling lights.

Lunch and wine tasting will be at Vintage Restaurant at Stone Hill Winery. Then we'll travel to historic St. Martin's Church Museum at the Shrine of Our Lady of Sorrows in Starkenburg, six miles northwest of Hermann. There we'll enjoy a Christmas concert! Mezzo-soprano Carrie Kirchhofer-Tilly will sing holiday favorites and Joni Loehning will play holiday selections on the 1860 Pfeffer pipe organ.



This trip is sure to put you in the holiday spirit! We'll depart from the Upper Parking Lot of Southwest Baptist Church, 6401 Scanlan Ave., at 8:00 am and return at approximately 5:45 pm.

All-inclusive trip price is \$60/person. Reservations: 314-647-4591. Mail trip payment with the name and number of an emergency contact person to: *LASM, 6401 Scanlan Ave., 63139.*

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CASE MANAGEMENT Q&A

QUESTION: Where can I get help with making the right Medicare Health and/or Drug Plan Choice for 2016? I think I need some help in doing all of this.

ANSWER: You, a relative, or someone you trust can go on the internet, at www.medicare.gov/find-a-plan to compare the coverage you have now with all of the 2016 options available, and enroll in a new plan if you decide to make a change.

You can also get one-on-one help from your State Health Insurance Assistance Program (SHIP). Missouri SHIP is called CLAIM (Community Leaders Assisting the Insured of Missouri) and can be reached at 1-800-390-3330.

If you would feel more comfortable meeting with someone in person, please call Katie Weintraub, MSW, at 314-647-4591. She will be happy to do a plan comparison for you. **Open enrollment ends December 7, 2015.**

AGING WITH PURPOSE

Coping with change is difficult; losses can often leave us with a sense of emptiness mounting in our lives. How do we find purpose and meaning in life?

Come join us on **Wednesday, November 18th at 10:30 am** as we address the keys to having a healthy life, full of purpose. As we get older we don't have to stop enjoying life--it can be fulfilling at any age. We will be gathering in Memorial Hall at Southwest Baptist Church, 6401 Scanlan Ave. Guest Speaker: Denise Travis with Lutheran Senior Services. Light refreshments will be provided. RSVP to Claire at 645-6411 and let her know if you need a ride.

UPCOMING EVENTS

HOT THANKSGIVING MEALS

Don't let the Thanksgiving holiday pass without enjoying the traditional feast! Parishioners of Epiphany of Our Lord Catholic Church have been providing meals for more than 25 years to individuals who are homebound or unable to celebrate with family and friends. Would you like to receive a free home delivered meal on Thanksgiving Day? Meals are delivered mid-day. Contact Lynn or Bill Kloecker at 636-529-1164.

VETERAN'S DAY ON THE HILL

A few spaces remain on our ministry's **November 11th** tour of the Hill by neighborhood native and US Army Veteran, Joe DeGregorio. We'll tour the neighborhood with stops at Mama Toscano's and the Chocolate Chocolate Company. Lunch at Anthonino's followed by time to shop at Italian bakeries, grocery stores, Gelato Ice Cream places and much more. We'll depart from the Upper Parking Lot of Southwest Baptist Church at 9:15 am and return by 3:00 pm. All-inclusive price: \$40/person. Reservations: LASM Office at 314-647-4591.

FAMILY FUN NIGHTS

Join us for dinner and crafts!

Where: Union United Methodist Church
3543 Watson Rd., 63139
(314) 647-1228

When: November 17 & December 8

Time: 5:30-7:00 pm

Dinner and Crafts are free, but please call or email meri.drapp@att.net to reserve a space.

APPEAL

(Continued from Cover Page)

generations (you'll hear more about this in 2016).

Wow! What a long way we've come in a decade – responding to recognized needs, program development and implementation, volunteer recruitment and retention, program growth and expansion, planning for a strong future! Our ministry is truly blessed to be able to work with and serve the older adult members of our partner churches and the Lindenwood Park Neighborhood. We are so grateful for those that have welcomed us into their lives and those that assist us in ministering to the needs present in our community.

As we celebrate our first decade of ministry and look forward to our next, we come to you, our monthly newsletter readers, to seek your prayers and financial support. We ask that you pray for our ministry, that God will continue to bless the work that we do and the people that we serve. We also ask for your support by making a donation to LASM. Your support helps fund the provision of case management, volunteer coordination and program implementation.

For your convenience, the enclosed envelope can be used to mail your donation to LASM. All contributions made to the ministry are tax deductible. Thank you in advance for your generosity. My sincerest wishes for a happy and healthy holiday season for you and your family!

Many Blessings,

Katie Weintraub, MSW
Director

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RETURN SERVICE REQUESTED

A PRAYER FOR THOSE WHO LIVE ALONE

I live alone, Dear Lord, Stay by my side.
In all my daily needs be Thou my guide.
Grant me good health for that indeed,
I pray, To carry on my work from day to
day. Keep pure my mind, my thoughts,
my every deed. Let me be kind, unselfish
in my neighbor's need. Spare me from
fire, from flood, malicious tongues, from
thieves, from fear, and evil ones.
If sickness or an accident befall, then
humbly, Lord, I pray, hear Thou my call.
And when I'm feeling low or in despair,
lift up my heart and help me in my
prayer. I live alone, Dear Lord, yet have
no fear, because I feel your presence
ever near. Amen.

A BIT OF HUMOR

"What's a hipster?" asked a four-year old boy.

"Someone who will wear something just to look different," said her cousin. "They'll often buy clothes in thrift shops and wear thick glasses."

"Is Grandma a hipster?" he asked.

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In the hardware store, a clerk asked, "Can I help you find anything?"

"How about my misspent youth," joked a man.

The clerk shot back, "We keep that in the back, between world peace and winning lottery tickets."